

# SOUTHWEST POOL

Mon Dec 23 2019-Sun Jan 5, 2020



**Seattle**  
Parks & Recreation

healthy people healthy environment strong communities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Early Morning Lap Swim</b> 5:30-7:00am		<b>Early Morning Lap Swim</b> 5:30-7:00am		
<b>Adult Swim 3 lanes</b> 11:00 - 12:30pm						<b>Lap Swim 3 lanes</b> 9:30-10:30am
	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Adult Swim 3 lanes</b> Noon—1:30pm	C	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Lap Swim 3 lanes</b> Noon-1:00pm
	<b>Deep/Shallow Fusion</b> 1:30-2:15 pm	<b>Gentle Fitness</b> 1:30-2:15pm	L	<b>Gentle Fitness</b> 1:30-2:15pm	<b>Deep/Shallow Fusion</b> 1:30-2:15pm	<b>Public Swim</b> 1:00-2:00pm
<b>Family Swim</b> 2:00-3:00pm		CLOSE	O	<b>Public Swim</b> 2:30-3:30pm		
	<b>Lap Swim</b> 3:00-4:00pm	AT	S		<b>Family &amp; Lap Swim</b> 3:00-4:00pm	
<b>Public Swim</b> 4:00-5:00pm		2:30PM	E			
<b>Lap Swim 3 Lanes</b> 5:00-6:00pm	<b>Lap Swim &amp; Masters Workout</b> 5:30-6:30pm		D	<b>Lap Swim 3 Lanes</b> 5:00-6:00pm	<b>Public Swim</b> 4:30-5:30pm	
					<b>Lap Swim Masters</b> 5:30-7:00pm	
	<b>Public Swim (shallow end only)</b> 7:30-8:30pm <b>Deep Water Ex</b> 7:30-8:15pm			<b>Public Swim</b> 7:30-8:30pm	<b>Family Swim</b> 7:00-8:00pm	
				<b>Shallow WX</b> 8:30-9:15pm		

For more information go to [seattle.gov/parks](http://seattle.gov/parks) or call 206-684-7440

**SOUTHWEST POOL—INTERIM POOL SCHEDULE**